

1% plain & flavored milk is offered at lunch and breakfast



Northern Tioga Schools Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Choose One Hot Dog/Bun PB/J Sandwich & String Cheese Choose Up To Three Swt Tater Crinkles Peaches	4 Choose one Chicken / Potato Gravy / Roll PB/J Sandwich & String Cheese Choose Up To Three Green Beans Pears Sugar Cookie	5 Choose One Cheese Pizza Garlic Pizza PB/J Sandwich & String Cheese Choose Up To Three Broccoli w/Cheese Fruit Juice	6 Choose One Walking Pork Taco PB/J Sandwich & String Cheese Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Rods Fruit Juice	7 Choose one Chicken Nuggets w/ Pretzel Rod PB/J Sandwich & String Cheese Choose Up To Three Peas Fresh Fruit	<i>Cal</i> 623 <i>T.Fat</i> 18.62 G <i>S.Fat</i> 5.6 G <i>Chol</i> 38.4 Mg <i>Sodm</i> 919.66 Mg <i>Carb</i> 90.13 G <i>Fiber</i> 8.0 G <i>Prtn</i> 29.53 G <i>Iron</i> 5.75 Mg <i>Calc</i> 503.54 Mg <i>Vit A</i> 20.30 RE
10 Choose One Burger/ Cheese / Bun PB/J Sandwich & String Cheese Choose Up To Three Baked Beans Pineapple	11 Choose One Egg/ Pancakes Sausage PB/J Sandwich & String Cheese Choose Up To Three Hash Browns Fruit Juice	12 Choose One French Bread Pizza PB/J Sandwich & String Cheese Choose Up To Three Romaine Lettuce Blend/Dr Mandarin Oranges	13 Choose One Chicken Fajitas PB/J Sandwich & String Cheese Choose Up to Five Pepper Red Strips Lettuce, Shrd. & Tomato Soft Pretzel Rods Applesauce	14 Choose One Popcorn Chicken / Roll PB/J Sandwich & String Cheese Choose Up To Four Mashed Potatoes with Gravy Corn Fresh Fruit	<i>Cal</i> 621 <i>T.Fat</i> 20.13 G <i>S.Fat</i> 6.2 G <i>Chol</i> 71.7 Mg <i>Sodm</i> 1067.22 Mg <i>Carb</i> 83.19 G <i>Fiber</i> 5.4 G <i>Prtn</i> 29.57 G <i>Iron</i> 3.14 Mg <i>Calc</i> 493.13 Mg <i>Vit A</i> 19.06 RE
17 Choose One Chicken Patty/Bun PB/J Sandwich & String Cheese Choose Up To Three Swt Tater Crinkles Mixed Fruit	18 Choose One Pasta w/ Meat Sauce PB/J Sandwich & String Cheese Choose Up To Four Romaine Lettuce Blend/Dr Fruit Juice Texas Toast	19 Choose One Chicken Ranch Pizza PB/J Sandwich & String Cheese Choose Up To Three Broccoli w/Cheese Fresh Fruit	20 Choose One Walking Pork Taco PB/J Sandwich & String Cheese Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Rods Fruit Juice	21 Choose One Loaded Tater Tots PB/J Sandwich & String Cheese Choose Up To Three Candied Carrots Peaches Garlic Breadstick	<i>Cal</i> 662 <i>T.Fat</i> 22.11 G <i>S.Fat</i> 6.4 G <i>Chol</i> 47.7 Mg <i>Sodm</i> 1036.91 Mg <i>Carb</i> 89.17 G <i>Fiber</i> 6.8 G <i>Prtn</i> 30.61 G <i>Iron</i> 4.82 Mg <i>Calc</i> 491.22 Mg <i>Vit A</i> 22.21 RE
24 Choose One Corn Dog PB/J Sandwich & String Cheese Choose Up To Four Baby Carrots Fresh Fruit Chocolate Chip Cookie	25 Choose One Meatball Sub PB/J Sandwich & String Cheese Choose Up To Three Baked Beans Applesauce	26 Choose One Stuffed Crust Pizza PB/J Sandwich & String Cheese Choose Up To Three Romaine Lettuce Blend/Dr Fresh Fruit	27 Choose One Taco PB/J Sandwich & String Cheese Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Rods Fruit Juice	28 Choose one Chickenstrip Parm. w/ Pasta PB/J Sandwich & String Cheese Choose Up To Four Green Beans Garlic Breadstick Peaches	<i>Cal</i> 656 <i>T.Fat</i> 20.94 G <i>S.Fat</i> 7.2 G <i>Chol</i> 43.9 Mg <i>Sodm</i> 1062.97 Mg <i>Carb</i> 88.58 G <i>Fiber</i> 7.2 G <i>Prtn</i> 30.41 G <i>Iron</i> 4.31 Mg <i>Calc</i> 498.53 Mg <i>Vit A</i> 26.32 RE
31 No School Today	1 Choose One Buffalo Chicken Wrap PB/J Sandwich & String Cheese Choose Up To Three Sweet Potato Fries Pineapple	2 Choose One Pepperoni Pizza PB/J Sandwich & String Cheese Choose Up To Three Broccoli w/Cheese Fresh Fruit	3 Choose One Walking Pork Taco PB/J Sandwich & String Cheese Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Rods Applesauce	4 Choose one Chicken Nuggets w/ Pretzel Rod PB/J Sandwich & String Cheese Choose Up To Three Peas Peaches	<i>Cal</i> 652 <i>T.Fat</i> 22.00 G <i>S.Fat</i> 7.1 G <i>Chol</i> 49.2 Mg <i>Sodm</i> 1146.05 Mg <i>Carb</i> 86.28 G <i>Fiber</i> 7.4 G <i>Prtn</i> 32.25 G <i>Iron</i> 6.07 Mg <i>Calc</i> 555.41 Mg <i>Vit A</i> 19.84 RE
7 Bag Lunch Day Choose one Entree Choose Up to Five Veggie Bar - Any Veggie Bar Fruit Juice or Fresh Fruit Chefs Choice	8 Bag Lunch Day Choose one Entree Choose Up to Five Veggie Bar - Any Veggie Bar Fruit Juice or Fresh Fruit Chefs Choice	9 Bag Lunch Day Choose one Entree Choose Up to Five Veggie Bar - Any Veggie Bar Fruit Juice or Fresh Fruit Chefs Choice			

